

# Lonely 101

COPPERKNOB  
BY STEPHEN

拍数: 32      墙数: 4      级数: Improver  
编舞者: Maria Smith (AUS) & Kevin Smith (AUS) - May 2021  
音乐: Lonely 101 - Tracy Lawrence : (iTunes)



Starts on vocals after count 16. - Rotates CW

## ROCK FWD, BACK, COASTER STEP, CROSS OVER, SIDE, BEHIND & CROSS

1,2            Rock fwd R, back L,  
3&4           coaster step R,L,R  
5,6            cross L over R, step R to side,  
7&8            step L behind R, & step R to side, cross L over L

## ROCK ¼ TURN, SHUFFLE, ROCK FWD, BACK, LOCK SHUFFLE BACK

1&2           Rock step R to side, & ¼ turn left onto L, step fwd R, - 9,00  
3&4            lock shuffle fwd L,R, L  
5,6            rock fwd R, replace on L,  
7&8            lock shuffle back R,L,R,

## FULL TURN BACK, SAILOR STEP, SAMBA STEP FWD, CROSS KICK

1,2            full turn back step L, R (or walk back L,R,)  
3&4            left sailor step L, R, L - 9.00  
5&6            fwd samba step R,L,R,  
7,8            cross L over R, kick R

## CROSS ½ TURN, SHUFFLE, MAMBA FWD, BACK, SIDE ROCK, TOUCH

1,2            cross R over L, step back L,  
3&4            ½ turn right shuffle fwd R,L,R, - 3.00  
5&6            mamba step fwd L, & back R, back L,  
7&8            rock R to side, & replace on L, touch R next L

## [32] START AGAIN

\*8 count Tag. After wall 3, add,

1,2,3&4        rock R across L, replace wt L, side shuffle R,L,R,  
5,6,7&8        rock L across R, replace wt R, side shuffle L,R,L,